



# The Adventurer



Weekly News About the Programs of Senior Connections' Mack Love Building

## Adventures In Learning

Do you want to keep up with what is going on, along with all the current events here at Mack Love and Senior Connections? Then make sure you pick up your copy of *The Adventurer* every week at the front desk. We do our best to keep it chock-full of updated and fun information. We love doing these for you, and hope you enjoy reading them. Feel free to share a copy with your friends. And if you know someone who likes to view things online, they can do so at [www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org).

### Terrific Thursdays

Our terrific lineup includes the greats, like Beginning/Intermediate Woodcarving, Woodcarving, Beginning and Advanced Quilting, Quilting Bee, Oil Painting, Mah Jong, Bridge for Fun and Canasta. We also have the following programs as follows:

9:30 am—10:30 am

Nutrition Issues

Or

Let's Learn Bridge

10:45 am—11:45 am

Wii Sports

Or

*Information, Please*

May 19—The Homestead Hope Foundation will be visiting and speaking to us about "Standing Tall...Fall Prevention".

May 26—The delightful, and very knowledgeable Woody

McKay will be joining us to tell us about "National Stories You May Not Know".

12:00 pm—1:00 pm  
Lunch 'n Learn (lunch included)

May 19—Emory's Center for Health & Aging will be the speaker for next week's program. They will be providing brief presentations on their various research projects.

May 26—Commissioner Jeff Rader will be the guest speaker for our Potluck Luncheon. (REMEMBER TO SIGN UP TO LET US KNOW WHAT DISH YOU WILL BE BRINGING.)

### Commissioner Jeff Rader to Speak at Final Spring Terrific Thursdays' Luncheon

We are honored to welcome Commissioner Jeff Rader to our Potluck Luncheon on May 26. Commissioner Rader will be visiting with us informally and provide a brief informational session. Everyone please remember to sign up to let us know what dish you will be bringing. If you are not already a member of Terrific Thursdays, but would like to be here

to hear Commissioner Rader speak and take part in our Potluck Luncheon, the cost is \$5 and you are required to sign up with the dish you will be bringing. Deadline to sign up is Monday, May 23.

### Summer/Fall Catalogs Out Soon!

The new catalogs are almost complete and will be going to print shortly. They are scheduled to be out at the end of May; so keep an eye out and you'll be get them "hot off the presses"!

### Still A Few Spaces

#### Available—Beltline Tour

The next Beltline Tour is July 15. There's still time to reserve your seat; but don't delay. Sign up today so you don't miss out on a great day!



### The Harmonizers

Do you like to sing? Join this happy group and sing for shut-ins, assisted living homes, retirement homes, etc. The Harmonizers meet one day a week for one hour with a trained director at Mack Love and sing songs familiar to everyone. This is a great chance to practice your singing, socialize with a neat group of folks, and bring joy to others. For more information, contact Bill Anderson at 770-469-2946.



**Mack Love Building**  
*Living and Learning for Life!*  
1340 McConnell Drive  
Decatur, GA 30033  
404-321-6960  
[www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org)

Senior Connections' mission is to maximize independence for seniors through advocacy, information and services.

### Classes Still Available for Spring Session

There are still some great classes available for enrollment. How about Extended Strength Training for Seniors with the delightful Earline Caudell—May 14 through June 24; or Yoga for Seniors with Elizabeth Yates—June 3 through June 24? There are several great photography classes coming up with Bob Siegman, along with various genealogy classes by Susan Sloan. For all dates, times, costs and further information, please refer to the Winter/Spring edition of *Adventures in Learning*.

### Upcoming Scholarships Available

Senior Connections' Mack Love Center has been fortunate to receive a grant in which we will be able to offer scholarships for some of our classes. The scholarships available will be in the amount of \$50 each and will start with the Summer Session. Stay tuned for more information.

### Ageless Grace—Session 2

For those of you that are currently enrolled in Session 1, or missed enrolling for this time around, Instructor Sandy Bramlett will be offering another set of classes beginning on June 8 and going through June 20. The cost is \$40. The time period is from 12:30 pm—1:30 pm. She will teach you 21 simple exercises for total body and mind fitness. The exercises are easy to learn. Almost anyone can do these while reaping the benefits of greater strength, balance, flexibility. As well as mental quickness and focus. Another fun class offered by Ms. Bramlett, and we thank her. For more information and to enroll, please see the flyer at the front desk.

### Summer Open House, June 25

Mark your calendar and remember to bring your friends. The Summer Open House will be held on June 25. This is a Saturday, and as always, the Open House events are open to the neighborhood public. Bring all of your Baby Boomer and Senior family members and friends for a fun afternoon to learn about the Mack Love Center and the exciting line up of classes for Summer. We'll also be grilling out, weather permitting.

### New Classes Being Offered on Thursdays This Summer

Keep your eyes peeled for the upcoming Summer/Fall catalog to see some exciting new classes being offered on Thursdays. And if you sign up for Terrific Thursdays, you'll get a 50% discount for the extra classes being offered on that day.

### Office Closed Memorial Day

Just a reminder that the office will be closed on Monday, May 30 in honor of the Memorial Day holiday.



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### Health & Wellness Programs



To schedule an appointment today, or for more information, call 404-321-6960

Massage Therapist, Laurie Findlay

Reflexologist, Monika Hamilton

Mobile Day Spa, Vanessa Platt, 770-855-0421

Reiki, Patricia Garrett, (770) 498-1182

Gift Certificates Available

#### Reflexology

1st & 3rd Mon. 11:00 - 4:00 p.m.

Wed. 11:00 a.m. - 4:00 p.m.

\$50 for one hour.

#### Facials, Manicures & Pedicures

Fridays 9:00 am—1:00 pm

Call (770) 855-0421 for appointment

#### Massage Therapy

2nd & 4th Mondays

9:15 am - 12:15 pm

Tuesdays 9:15 a.m. - 4:30 p.m.

\$25 for 30 min; \$50 per hour

#### Reiki

2nd & 4th Mondays

1:00 pm—4:00 pm

\$25 for 30 min; \$50 per hour